Community Contact

Manitoba Aboriginal and Northern Affairs

May/June 2010

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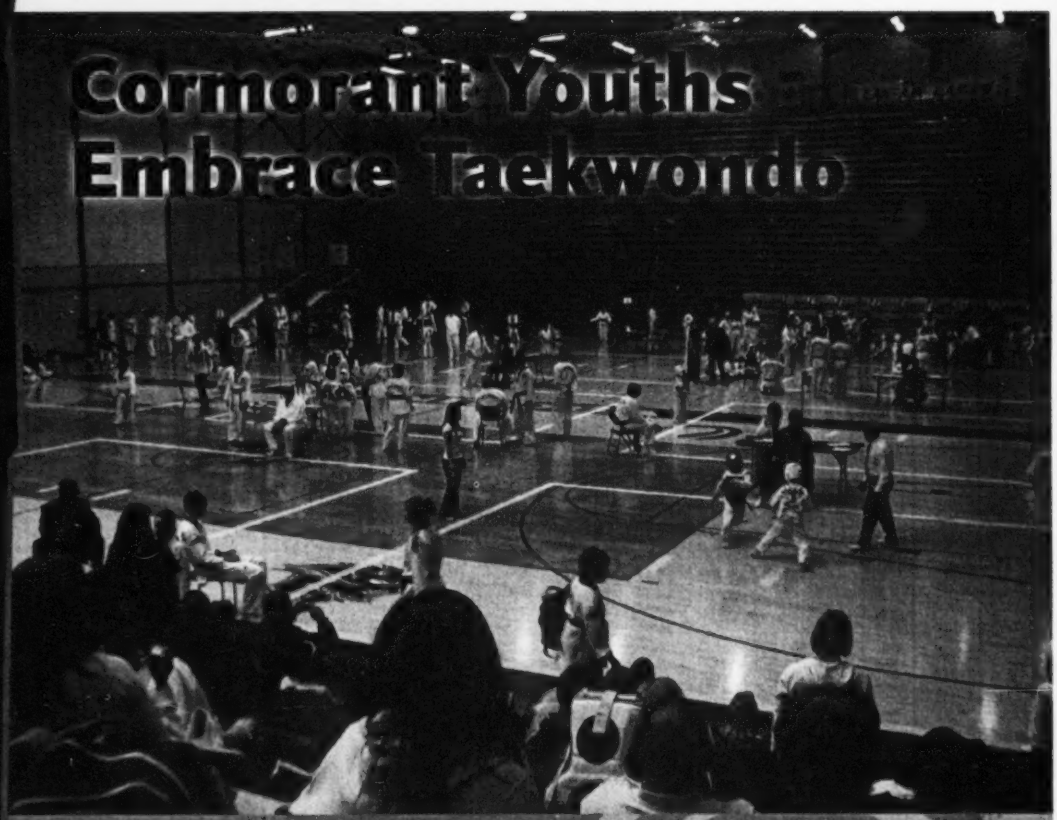
Cormorant Youths Embrace Taekwondo



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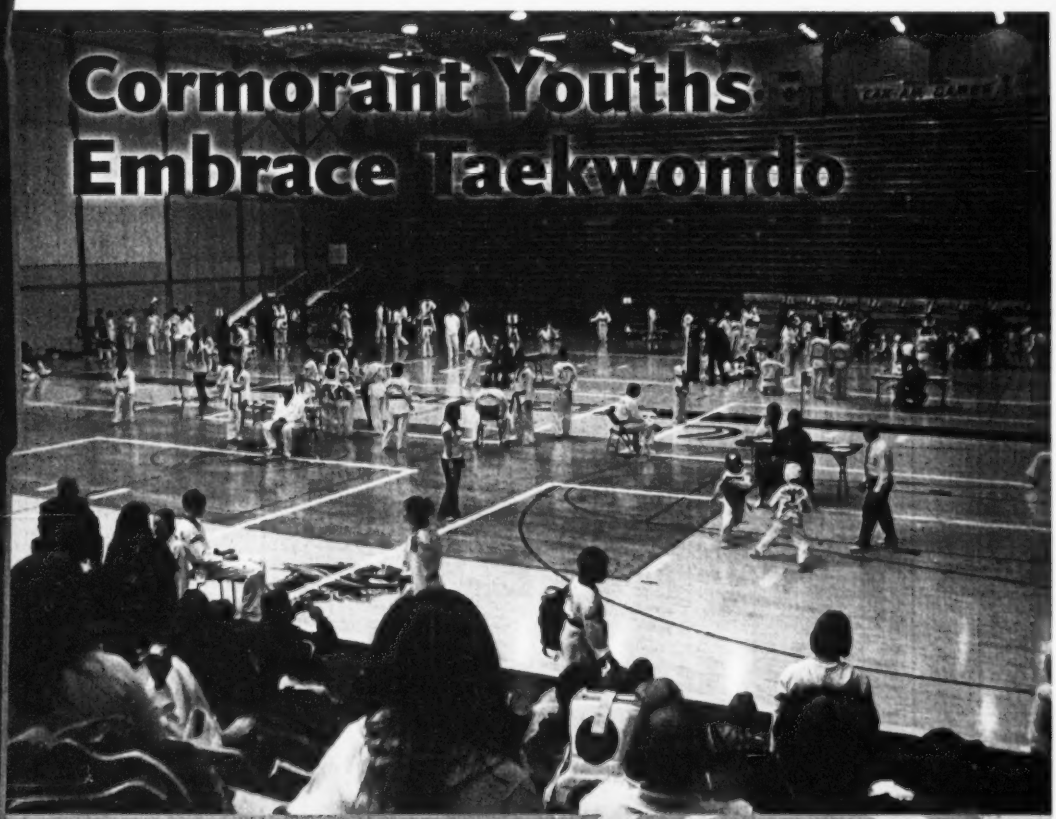

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This Issue

Welcome to the May/June *Community Contact* newsletter.

Healthy living and healthy eating play vital roles, not only in developing healthy people, but also in developing healthy communities. Maintaining an active, healthy lifestyle can sometimes be a difficult thing to achieve. For residents in northern and remote communities, it can be even more difficult because of a lack of recreation opportunities, or more importantly, because of a lack of available fresh and nutritious foods. To help spread the word on successful programs and address some of these obstacles, this edition of the Contact newsletter highlights recreation and wellness initiatives in various communities.

Our cover story takes us on a visit to the Cormorant Taekwondo club, looking at how they got started and what they have accomplished in a short period. We continue the community visits with a review of the recent Coming Together Event featuring the ANA communities of Camperville and Duck Bay with participation from the Pine Creek First Nation. This was an all day event hosted by the Winnipeg Aboriginal Sport Achievement Centre and spread out between all three participating communities.

Along with these articles, we look at how a recreation director from Norway House became one of two Canadian ambassadors for a new First Nation, Inuit and Metis (FNIM) supplement to the *Everyone Gets To Play™ Tool Kit* produced by the Canadian Parks and Recreation Association. We also recap the fourth annual Veggie Adventures Curriculum workshop and note the change in location for the annual Northern Links workshop. Closing out this issue is our municipal calendar with reminders for the months of June and July 2010.

Enjoy this issue and feel free to contact us as shown on the back cover to request additional copies. We also encourage your comments and article suggestions. If you've taken a photo that supports your suggestions or shows something you consider special about your community, we'd like to see it, too.

Cormorant Tae
Participates in CA

On April 24, 2010, 13 members of the Cormorant Taekwondo Club visited Winnipeg to participate in the annual CAN-AM Games Taekwondo Championships. The event took place at the Investors Group Athletic Centre at the University of Manitoba and involved competitions in sparring and patterns. Participants from all over Manitoba and some from outside of the province attended. Hard work by members of the Cormorant club saw eight of them receive medals. For a taekwondo club that began only seven months prior to the event, this was a commendable achievement and an excellent experience for the participants.

Cormorant is a small community in north central Manitoba and is home to about 400 people. The Cormorant Taekwondo Club was started in September 2009 to encourage physical fitness and provide an alternative for youth faced with peer pressure to become involved in criminal activity. The volunteer executive for the club includes Shelly Smith who is also the Lighthouse program co-ordinator in Cormorant, and Marcella Fenner, the guidance councillor for Cormorant Lake School.

The instructor, Mr. Roland Misling, is a member and assistant instructor with Kang's Academy Taekwondo in The Pas. Mr. Misling is a fourth dan black belt. He is also an instructor in the Millwright Apprenticeship program at the University College of the North. After hearing about youth crime in Cormorant, Mr. Misling decided a taekwondo program might be a welcome addition to the community. An overwhelming response to three free classes offered during September 2009 has now become a club that meets three times per week on Tuesday, Thursday and Sunday.

With as many as 70 million participants worldwide, the Korean sport is considered the world's most popular martial art. In just over half a year there were already about 40 students in the Cormorant club, which now includes adults as well as youth members. Participants range in age from five to 35 and there are even whole families who participate together. The club's base is the Cormorant Lake School gymnasium.

To get established, the Cormorant Taekwondo Club organized and participated in various fundraising events. They applied for and received funding from the Northern Youth Empowerment Initiative (NYEI) administered through Aboriginal and Northern Affairs and from Sport Manitoba. Programs funded through NYEI must meet specific goals and objectives, and identify the benefits they provide. Community council support for their application and permission from the school principal to use the school gymnasium helped their funding application succeed.

kwondo Club
N-AM Games

Two youngsters in a sparring match at the 2010 CAN-AM Games Taekwondo Championships in Winnipeg. Referees and judges watch carefully, awarding points toward medals based on how well competitors demonstrate their skills.

If your community would like to learn more about the Northern Youth Empowerment Initiative and programs it supports, contact Ray Irvine at 204-945-5968 or inquire though your regional Aboriginal and Northern Affairs office.

Cormorant Taekwondo Club did well in its first CAN-AM Games competition. Members in various age and weight classes brought home a variety of medals for their performances in Winnipeg. The medal winners included:

- William Umpherville, bronze in sparring and gold in patterns
- Tanis Wishart, gold in sparring and bronze in patterns
- Tahne Gareau, bronze in sparring and bronze in patterns
- William Hunter, gold in sparring
- Jonah Wishart, bronze in sparring
- Michelle Gamblin, bronze in sparring
- Craig Fenner, gold in sparring
- Brant Gareau, bronze in sparring
- Hailey Misling, bronze in sparring

Norway House Community Recreation Director Promotes New Programming

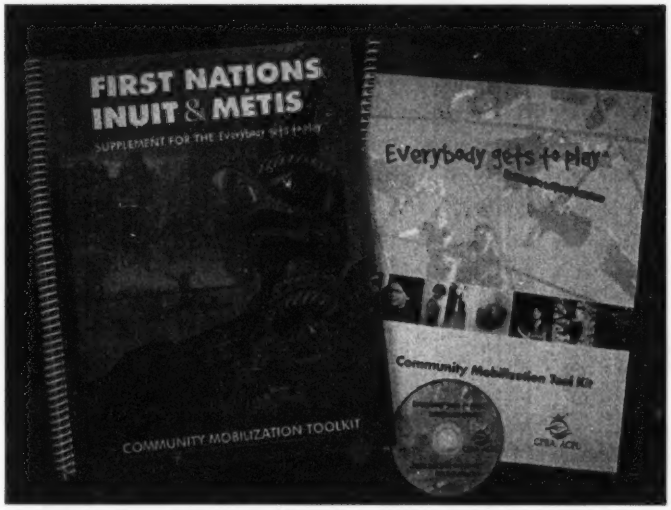
Recreation director for the Aboriginal and Northern Affairs (ANA) community of Norway House, Alvin Murdock knows first hand that tight budgets faced by all levels of government can make coming up with affordable ideas for community recreation a challenge. Last year, while reviewing recreation materials collected over the years, he came across the information-packed *Everybody gets to play™ Community Mobilization Tool Kit* produced by the Canadian Parks and Recreation Association (CPRA). The CPRA is a national, volunteer organization dedicated to realizing the full potential of parks and recreation services as a major contributor to community health and vibrancy.

While he was considering how to use some of the ideas, a coincidence occurred. He received a call from ANA agreements co-ordinator Stew Sabiston. The call was to discuss a new CPRA supplement to the *Everybody gets to play™ Community Mobilization Tool Kit*. The supplement would make the tool kit more useful in First Nations, Inuit and Metis (FNIM) communities. Stew also mentioned that the CPRA was looking for FNIM ambassadors to promote the new supplement and asked if Alvin would agree to be nominated. Alvin agreed and, several weeks later, learned of his selection for training as an FNIM ambassador.

In early February 2010, Alvin visited Ottawa for three days of training, joined by another FNIM ambassador, Steve Tooshkenig of Walpole Island, Ontario. They learned enhanced presentation skills and how to deliver a workshop on the FNIM supplement material. In March, Alvin presented a pilot workshop in Split Lake, Manitoba.

CPRA officially launched the FNIM supplement to its *Everybody gets to play™ Community Mobilization Tool Kit* on March 31, 2010. The launch took place at the new Sport for Life Centre, in Winnipeg, home to Sport Manitoba and many provincial sport organizations including the Manitoba Aboriginal Sport and Recreation Council.

The original toolkit teaches community mobilization principles. It is based on the beliefs that local people solve local problems best and that they support what they help create. The toolkit guide lists seven steps useful in community mobilization:



The *Everybody gets to play™ Community Mobilization Tool Kit* with the new supplement for Aboriginal communities.

1. *commit to the issue*
2. *get the right people involved*
3. *set goals*
4. *create awareness*
5. *take action*
6. *measure change*
7. *celebrate your accomplishments*

The FNIM supplement enhances the original toolkit with information to help tie recreation activities into the traditions and histories of Aboriginal people. It will help recreation workers address financial and cultural barriers preventing participation by Aboriginal people, making sure everybody benefits from recreation in FNIM communities.

Alvin's plans include six more FNIM supplement workshops, one each in Thompson, Flin Flon, The Pas, Dauphin, Brandon and Winnipeg during the coming year. If you would like more information about participating in a workshop, or about the CPRA *Everybody gets to play™ Community Mobilization Tool Kit*, call Alvin Murdock at 204-359-6719.

Sport and Recreation *Brings Communities Together*

On April 29, 2010 the Winnipeg Aboriginal Sport Achievement Centre (WASAC) hosted a Coming Together event for the Aboriginal and Northern Affairs (ANA) communities of Duck Bay and Camperville, and Pine Creek First Nation. The event shared recreation knowledge and provided a fun day of sport, cultural and music activities for all involved.

Activities were planned and organized by WASAC support staff for each community. The day started with a pancake breakfast at the school in Duck Bay. Once everyone was fed, it was off to Pine Creek First Nation for a day of sports and cultural activities. Some of the activities included floor hockey, basketball, relay races and the human-knot game, to name a few. The Coming Together event ended with a cultural and entertainment night in Camperville. The evening started with an opening drum song and prayer, followed with square dancing, jigging, singing and fiddling by local performers.

Lindsay Campbell, the north co-ordinator for WASAC, originally from Duck Bay, was the facilitator for the event. Lindsay arranged for an ensemble of Aboriginal youth mentors from WASAC to attend and share their knowledge of recreation, culture and community development with the youth and adults from the three participating communities.

The main WASAC goal was to promote community spirit and sustainable community programs. Youth in the communities were trained by the WASAC team to build community involvement while promoting culture, sport and education. WASAC is currently considering hosting similar events in Manitoba First Nation communities of Shamattawa and Pauingassi.

WASAC is a non-profit organization mandated to carry out recreational programming for Aboriginal people in Winnipeg and northern Manitoba communities. WASAC promotes the benefits of participation in sport, recreation, education and culture by providing athletic and leadership opportunities that help Aboriginal youth and adults reach their full potential. Most WASAC programs are collaborative efforts and partnerships with schools and other community organizations or foundations. Programs include:

- WASAC Summer Kids Camp and Youth Achievement Program
- WASAC North, ACHIEVE and EXPRESS programs
- Kickers Soccer, Little Moose Hockey and Touchdown for Kids Football
- SMART (Student Mentorship Aboriginal Role Model Tutorship) program
- Eco-U Kids Camp and Dolphins Swimming Program

For more information on their activities and programs, visit their website at www.wasac.ca.

A banner commemorates shared enthusiasm by three North Central region communities that participated in a Coming Together event this past spring.

Northern Links Workshop Heads North

In 2010, the Northern Links Recreation and Wellness Workshop will take place at Simonhouse Lake in Grass River Provincial Park, north of The Pas. Originally presented in Thompson, the workshop moved to Camp Wannakumbac on the west shore of Clear Lake near Riding Mountain National Park in 2001, where it remained until this year.

The Northern Links Workshop is an annual week of hands-on training for community recreation leaders and staff from across the province. This year's workshop will use the fully equipped Simonhouse Bible Camp facility, on the southeast shore of beautiful Simonhouse Lake, 20 kilometres east on Highway 39 from the Highway 10 junction.

The change makes it easier for participants from northern region communities to attend the workshop, which takes place August 23 to 27 this year. For more information, please contact the recreation and wellness consultant for your region.

Getting Together, Growing Together

On April 14 and 15, 2010 in Leaf Rapids, Manitoba, Frontier School Division presented its fourth annual Veggie Adventures Curriculum workshop in partnership with Food Matters Manitoba's 2010 Root Camp. Funding for the event held at the Leaf Rapids Education Centre was provided by the Northern Healthy Foods Initiative.

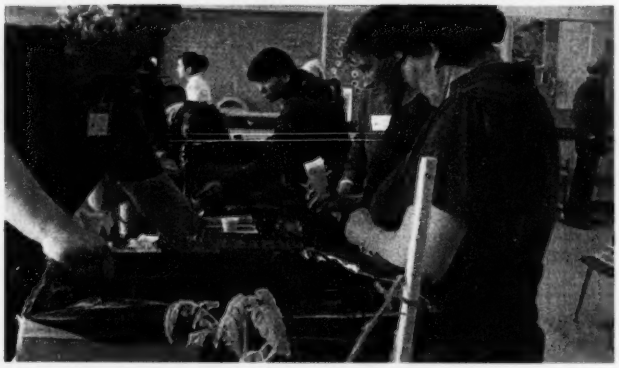
The Veggie Adventures Curriculum is a plant, soil and science curriculum designed to promote food security activities. The curriculum includes activities like vegetable germination and gardening, which begins as classroom projects that extend into the community when schools encourage students to share with their families what they learn about growing and harvesting local foods.

The partnership event functioned as a kick-off to gardening activities in preparation for the upcoming growing season. It attracted 66 participants, including community members and teachers. A number of youth volunteers also helped with preparing and serving food during the two-day event.

Participants had the opportunity to take part in array of workshops including:

- a presentation on the Veggie Adventures Curriculum
- establishing planting and gardening activities in a school
- basics of plants, seedling care and plant development
- garden building techniques (cold frames, raised beds and grow boxes)
- nutritional value of plants, healthy eating and reading food labels

A display of gardening resource books at the fourth annual Veggie Adventures Curriculum workshop in Leaf Rapids.



Northern Go Team manager Allen Muggaberg teaches community participants some basics about seedlings and how to plant them properly.

The forum provided participants with an opportunity to see construction of a plastic covered geodesic dome, an innovative concept developed to extend the northern growing season. They also had the opportunity to tour the community of Leaf Rapids and learn about composting and recycling, visiting several composting and gardening sites.

As well as featuring the culinary skills of Leaf Rapids students, the forum included performances by local musicians and highlighted a documentary film called *...And This Is My Garden*. The event wrapped up with a group discussion and a planning activity. Many participants left the event inspired to start growing foods in their communities.

...And This is My Garden

The documentary film *...And This is My Garden* produced by Katharina Stieffenhofer of Growing Local Productions in association with Buffalo Gal Pictures, follows teachers, Eleanor Woitowicz, now retired, and Bonnie Monias as they introduce the Veggie Adventures Curriculum to Mel Johnson School in Wabowden.

The film captures the two women as they apply their skills at engaging and supporting students. It follows their triumphs, including individual garden visits during summer months and an educational visit to the FortWhyte Alive interpretive centre in Winnipeg. It also portrays the pride and sense of self-sufficiency experienced by students as they harvest the produce grown in their own gardens.

For more information about *...And This is My Garden* contact:

Katharina Stieffenhofer
Growing Local Productions
Winnipeg, Manitoba, R3T 0H6
204-284-4153 E-mail: **kast12@mts.net**
Website: www.andthisismygarden.com

Employing Young Workers in Manitoba

As summer approaches and the school year winds down, many youth will begin looking for employment opportunities. If your community employs people under 18, there is information you will need to know before hiring these individuals for work.

Did you know that young people working in Manitoba have the same rights and responsibilities as adult employees? Minimum standards such as safety and health laws, worker's compensation benefits, general holidays, vacation leave, minimum wage and termination notice apply to all workers regardless of age. The only differences are restrictions placed on employees under the age of 18 and the restrictions placed on employees under 16.

The province applies restrictions on where and when young people can work. Manitoba law prohibits all people under 18 years old from working between 11:00 pm and 6:00 am in the following industries or workplaces:

- forestry
- saw and pulp mills
- confined spaces
- underground mines or the face of open pit quarries
- removal or abatement of asbestos

Manitoba law also prohibits people under 16 years old from working:

- without first receiving a permit from the employment standards branch of Manitoba Labour and Immigration (employer's responsibility)
- in **any employment** that takes place between 11:00 pm and 6:00 am
- on any construction site
- in industrial or manufacturing processes
- on drilling or servicing rigs
- on scaffolds or swing stages
- in pruning, repairing, maintaining or removing trees
- more than 20 hours per week while attending school, unless it is during vacations such as Christmas, spring break or summer holidays

For more information about hiring young workers, view the Manitoba employment standards branch fact sheets on young employees by visiting **www.gov.mb.ca/labour/standards/factsheets**, call 204-945-3352 in Winnipeg or call toll free 1-800-821-4307 in Manitoba.

ANA Adopts Aboriginal Procurement Initiative

The Manitoba government has developed the Aboriginal Procurement Initiative (API) policy to increase the participation of Aboriginal businesses providing goods and services to Manitoba government departments. In April 2010, Manitoba Aboriginal and Northern Affairs (ANA) began tendering all capital projects according to the new policy.

ANA has revised its Capital Project Planning and Delivery manual to include API policy requirements. The manual is part of ANA's community management series of publications available from one of their Local Government Development offices or online at http://www.gov.mb.ca/ana/publications/index.html.

Projects delivered by ANA will be designated as one of:

- Aboriginal Business Set-Aside – a tender that has been reserved for competition among Aboriginal business only (can be Canadian or Manitoban set-asides)
- Mandatory Aboriginal Business Participation – a tender condition requiring that a portion of the work must be provided by Aboriginal business
- Aboriginal Business Participation – a desirable condition of a tender that favours including Aboriginal businesses to the greatest extent possible (not mandatory but points will be assigned when scoring tenders)
- Aboriginal Business Standard – a condition of a tender that indicates that Manitoba has an Aboriginal Procurement Initiative

Which option used in a tender will depend on how many Aboriginal businesses exist that can do all or a portion of the project. At least two businesses are required to enter a competitive bidding process.

The API tendering process defines an Aboriginal business as a Canadian business that is at least 51 per cent Aboriginal owned and controlled. If it has six or more full-time employees, at least one-third of its employees must be Aboriginal people. Non-Aboriginal businesses can form partnerships with Aboriginal businesses as long as the partnership meets API criteria.

The Procurement Services Branch of the Manitoba government maintains an online Aboriginal Business Directory located at http://www.gov.mb.ca/mit/psb/api/api_bd.html. The online directory includes forms for use by Aboriginal businesses wishing to register with Manitoba's API and have their business names listed.

Communities delivering their own projects and wishing to support local business development may insert a local preference clause and disregard the API if tender amounts are less than:

- $100,000 for goods or services
- $250,000 for construction

Tenders for work valued above the local preference maximums must use the API.

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Municipal Calendar Monthly Reminder for June and July 2010

June 2010

1 Deadline for receipt of any property tax payments to department to avoid penalties.

Install Simply Accounting payroll tax updates.

Forward requests for Municipal Cost Analysis (MCA) revisions.

2 Council to act on capital project applications for missing information.

3 **Management Maintenance Systems (MMS)** – wet wells cleaned.

4 **MMS** – Dumping of lagoons.

15 Deadline for receipt of payment to Receiver General to avoid penalty.

Community:

- Capital project application adjustments – council to continue to act on recommendations for final project submission to the department.
- Submit Municipal Employee Benefits Program (MEBP) form and payment no later than seven working days after the last pay period.
- If applicable, submit bi-weekly payrolls for Building Independence Program to regional office.

WSH reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to act on items highlighted as corrective action from inspections.
- Does your bulletin board include: WSH policy, harassment policy, violence policy, working alone plan, names of first aiders and WSH committee representatives (employee and management)?
- Are first aid kits available in every building?
- Is your community prevention plan updated?

Departmental:

- Capital project applications sent back to council requesting missing information.

July 2010

1 CANADA DAY

Deadline for receipt of any property tax payments to department to avoid penalties.

2 MMS – Water treatment plant storage tanks cleaned.

12 Submit quarterly GST refund.

15 Deadline for receipt of payment to Receiver General to avoid penalty.

30 Follow up with auditor re audit to meet August 31 deadline.

Submit first quarter financial statements (April to June).

31 Deadline for applications for grant-in-aid streets that are not yet approved for the program.

Complete revisions for WCB estimates.

Submit revised capital project applications.

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- Regional office to forward request for MCA revisions to Program Planning and Development by the first of the month.

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Community council members, community residents and department staff are encouraged to submit comments, questions, suggestions, article ideas and photographs to the editor.

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Community council members, community residents and department staff are encouraged to submit comments, questions, suggestions, article ideas and photographs to the editor.